

# **Treating the Whole Person: Emotional, Social, and Spiritual**

(with Learning Objectives for CME)

- 8:00-8:30      Registration
- 8:30-8:45      Introductory remarks by hospital administrator (why training session is held)
- Improve quality of care for patients
  - Enhance quality of life
  - Enhance self-care and health maintenance
  - Enhance satisfaction with care received and care provided

## **I. Whole person health care (8:45-9:15) (30 min)**

1. Participants will learn about what whole person care consists of, including the physical, psychological, social, and spiritual aspects of care
2. Participants will learn about the importance of diagnosing and treating depression

## **II. Historical connection between religion/spirituality and health care (9:15-9:30) (15 min)**

1. Participants will learn about the origin of hospitals, first health professionals and evolution of secular health care
2. Participants will learn about how religion separated from health care and why this came about

## **III. Definitions, importance and prevalence (9:30-9:45) (15 min)**

1. Participants will learn about the differences between religion, spirituality, and humanism
2. Participants will learn about how common religion is in the US and how it increases with age

## **QUESTIONS (10 min) & BREAK (20 min) (9:45-10:15)**

## **IV. Use of religion/spirituality to cope with health stress (10:15-10:30) (15 min)**

1. Participants will learn about a case published in JAMA that exemplifies religious coping
2. Participants will learn how religion is used to cope with illness in medical settings
3. Participants will learn how religious is used to cope with stress in general

## **V. Research on religion, spirituality and mental health (10:30-11:00) (30 min)**

1. Participants will learn how to measure religion/spirituality
2. Participants will learn about the relationships between religion and mental health

## **VI. Research on religion, spirituality and physical health (11:00-11:30) (30 min)**

1. Participants will learn about mind-body relationships
2. Participants will learn about how religion influences health & medical outcomes
3. Participants will learn about how religion affects medical decision-making

## **QUESTIONS & OPEN DISCUSSION (11:30-12:00) (30 min)**

**LUNCH** (12:00-12:45)

**VII. Application to clinical practice** (12:45-1:30) **(45 min)**

1. Participants will learn how to address spiritual issues in patient care
2. Participants will learn how to take a spiritual history
3. Participants will learn about boundary conflicts and role of spiritual care experts

**VIII. Identifying patients' psychological, social, and spiritual needs** (1:30- 2:00) **(30 min)**

1. Participants will learn about the kinds of psychological, social, and spiritual needs that patients have
2. Participants will learn how religion helps patients to meet those needs

**QUESTIONS** (10 min) **AND BREAK** (20 min) (2:00-2:30)

**IX. Psychological, social, and spiritual needs of hospital staff** (2:30-3:00) **(30 min)**

1. Participants will learn about the kinds of psychological, social, and spiritual needs that hospital staff have
2. Participants will learn about the importance of addressing these needs to maximize the quality and satisfaction with care

**X. Demographic/economic changes affecting health care** (3:00-3:30) **(30 min)**

1. Participants will learn about demographic changes that will affect the health care system and increase pressure on it
2. Participants will learn about hospital-religious community partnership to help ensure that patients receive adequate care in the community
3. Participants will learn about the central role that parish nurses play in linking faith communities with health care systems

**QUESTIONS AND DISCUSSION** (3:30-4:00)

**ADJOURN** (4:00)